

# November 2016



















**Mon**

**Tue**


**Wed**

**Thu**

**Fri**

	<p><b>1</b> 10:00 Card Players Group 12:30 Wii Games</p> <p>Chicken w/Asparagus</p>	<p><b>2</b> 9:00—10:00 <b>Computer Class</b> 9:00 Upton Police 10:00 Strength &amp; Stretch 10:00—12:00 <b>SHINE</b> 11:00 Library Table 12:30 Canasta American Chop Suey</p>	<p><b>3</b> 9:00 Shopping Trip * 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Hot Dog</p>	<p><b>4</b> 12:00 Senator Moore's Turkey Dinner</p>  <p>Catch of the Day</p>
<p><b>7</b> 10:30 COA Board Mtg. 1:00 Tai Chi</p>  <div data-bbox="29 735 344 903" style="border: 1px solid black; padding: 5px; transform: rotate(-15deg);"> <p><b>Daylight Savings Time Ends Sun., Nov. 6 at 2 a.m.; Move clocks back 1 hour!</b></p> </div> <p>Lemon Thyme Chicken</p>	<p><b>8</b>  <b>ELECTION DAY—</b> Call by Nov 4 if you need a ride to vote 10:00 Card Players Group 11:15 Lunch Trip to BVT's 3 Seasons 12:30 Wii Games</p>  <p>Beef w/Jardinere Sauce</p>	<p><b>9</b>  9:00—10:00 <b>Computer Class</b> 9:00 Upton Police 9:00—12:00 SHINE 10:00 Veterans Day Concert at Memorial School 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Shopping Trip*</b> Herb Roasted Pork</p>	<p><b>10</b>  9:00 Veterans Day Breakfast &amp; Pinning Ceremony 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner</p>  <p>Spaghetti &amp; Meatballs</p>	<p><b>11</b> The Center is Closed</p>  <p><b>VETERANS DAY</b></p> <p>No meals served</p>
<p><b>14</b> 9:00—10:00 <b>Senator Moore's Office Hours</b> 12:30 Wellness Talk with Jessica 1:00 Walk in the Park 1:00 Tai Chi</p> <p>Turkey Pot Pie</p>	<p><b>15</b> 10:00 Card Players Group 12:30 Nature Talk with Park Ranger Viola 1:30 Wii Games</p>  <p>Greek Chicken</p>	<p><b>16</b> 9:00—10:00 <b>Computer Class</b> 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Shopping Trip*</b> Meatloaf w/Gravy</p>	<p><b>17</b> 10:00 Knit/Crochet Group 11:00—1:00 <b>Bake Sale</b> 1:00 BINGO</p>  <p>Macaroni &amp; Cheese</p>	<p><b>18</b>  9:00 BVT Salon Visi 12:30 Afternoon Movie &amp; Snack 5:30 Men's Club Supper</p> <p>Breaded Fish</p>
<p><b>21</b> 12:30 Shopping Trip* 1:00 Tai Chi</p> <p>Vegetable Cheese Bake</p>	<p><b>22</b> 10:00 Card Players Group 12:30 <b>Medicare Presentation</b> 12:30 Wii Garr...</p>  <p>Roast Turkey w/Gravy</p>	<p><b>23</b>  9:00—10:00 <b>Computer Class</b> 9:00 Upton Police 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Thanksgiving Social</b> Chicken Murphy</p>	<p><b>24</b> The Center is Closed</p>  <p><b>THANKSGIVING DAY</b></p> <p>No meals served</p>	<p><b>25</b> The Center is Closed</p> <p><b>DAY AFTER THANKSGIVING</b></p> <p>Regular Meals on Wheels deliveries will take place but there will be no congregate meal served.</p> <p>Pork Chow Mein</p>
<p><b>28</b> 9:00 Shopping Trip* 1:00 Tai Chi</p> <p>Chicken Sausage</p>	<p><b>29</b>  10:00 Card Players Group 12:30 Wii Gam 12:45 Birthday Bash with Oldies Music by Rockin' Ralph </p> <p>Meatballs w/Onion Gravy</p>	<p><b>30</b> 9:00—10:00 <b>Computer Class</b> 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Blood Pressure</b> Salisbury Steak</p>	 <p><b>Give Thanks!</b></p>	<p><b>* Please see Newsletter for details on our shopping trips.</b></p>

## November, 2016 — Dates to Remember

Check  here if you plan to attend !\*

- Nov. 2 \_\_\_\_\_ Upton Police, 9:00
- Nov. 2 \_\_\_\_\_ SHINE appointments, 10:00—12:00
- Nov. 3 \_\_\_\_\_ Shopping Trip—Shaw's & Walgreens, Milford, 9:00
- Nov. 4 \_\_\_\_\_ Senator Moore's Turkey Dinner, 12:00
- Nov. 8 \_\_\_\_\_ Election Day (Do you need a ride to Nipmuc? \_\_\_\_ Yes \_\_\_\_ No)  
(Reminder—If you prefer, you could vote early at the Upton Center instead on Oct 31, 10—12)
- Nov. 8 \_\_\_\_\_ Lunch trip to BVT's 3 Seasons, 11:15 (Do you need a ride there? \_\_\_\_ Yes \_\_\_\_ No)
- Nov. 9 \_\_\_\_\_ Upton Police, 9:00
- Nov. 9 \_\_\_\_\_ SHINE appointments, 9:00—12:00
- Nov. 9 \_\_\_\_\_ Veterans Day Concert at Memorial School, 10:00 (Van departs 9:40. Do you need a ride? \_\_\_\_ Yes \_\_\_\_ No)
- Nov. 9 \_\_\_\_\_ Shopping Trip—Market Basket, Hudson, 12:30
- Nov. 10 \_\_\_\_\_ Veterans Day Breakfast & Pinning Ceremony, 9:00
- Nov. 10 \_\_\_\_\_ Friends of Rachel BVT Dinner, 5:00 (Do you need a ride there? \_\_\_\_ Yes \_\_\_\_ No)
- Nov. 11 \_\_\_\_\_ Veterans Day—The Center is closed; No meals served.
- Nov. 14 \_\_\_\_\_ Senator Moore's Office Hours, 9:00—10:00
- Nov. 14 \_\_\_\_\_ Wellness Talk w/Jessica, 12:30
- Nov. 14 \_\_\_\_\_ Walk in the Park, 1:00 (Do you need a ride there? \_\_\_\_ Yes \_\_\_\_ No)
- Nov. 15 \_\_\_\_\_ Nature Talk w/Park Ragner Viola, 12:30
- Nov. 16 \_\_\_\_\_ Upton Police, 9:00
- Nov. 16 \_\_\_\_\_ SINE appointments, 9:00—12:00
- Nov. 16 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- Nov. 17 \_\_\_\_\_ Bake Sale, 11:00—1:00 (Would you be interested in baking for the sale? \_\_\_\_ Yes \_\_\_\_ No)
- Nov. 18 \_\_\_\_\_ BVT Salon Visit, 9:00 (What service would you like done? \_\_\_\_\_)
- Nov. 18 \_\_\_\_\_ Afternoon Movie & Snack, 12:30
- Nov. 18 \_\_\_\_\_ Men's Club Supper, 5:30
- Nov. 21 \_\_\_\_\_ Shopping Trip, Market Basket, Oxford, 12:30
- Nov. 22 \_\_\_\_\_ Medicare Presentation, 12:30
- Nov. 23 \_\_\_\_\_ Upton Police, 9:00
- Nov. 23 \_\_\_\_\_ Thanksgiving Social, 12:30
- Nov. 23/24 \_\_\_\_\_ The Center is closed for Thanksgiving holiday
- Nov. 28 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- Nov. 29 \_\_\_\_\_ Birthday Bash w/Oldies Music by Rockin' Ralph, 12:45
- Nov. 30 \_\_\_\_\_ Upton Police, 9:00



Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

### EASY SIGN-UPS!!

\*Turn your sheet in to our office and we'll make a copy and sign you up!

Your name: \_\_\_\_\_

Your Phone Number: \_\_\_\_\_



### WEEKLY EVENTS AT THE UPTON CENTER

Every Monday.....	Tai Chi .....	1:00
Every Tuesday.....	Card Players Group .....	10:00
Every Tuesday.....	Wii Games (Moved to 1:30 on Nov 15) .....	12:30
Every Wednesday .....	Strength & Stretch. ....	11:00
Every Wednesday .....	Library Table .....	11:00
Every Wednesday .....	Canasta .....	12:30
Every Thursday .....	Knit/Crochet Group .....	10:00
Every Thursday .....	BINGO .....	1:00
Every Friday .....	Blood Pressure Checks with EMT (no Fri. checks in Nov; will resume in Oct) ...	10:30